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For Immediate Release

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Health Department Urges Residents to Obtain Flu Shots

In anticipation of the flu season (typically, January to April), the Lake County Health Department/Community Health Center is urging residents of all ages to obtain flu shots between October and December (it typically takes two weeks for a person to develop protection after receiving the vaccine). The Health Department also urges those at high risk for pneumonia, including persons at least 65 years of age or people with chronic illnesses, to receive the pneumonia vaccine. Together, influenza and pneumonia were the seventh leading cause of death in Lake County in 2001, and were responsible for 2.3 percent of deaths in the county that year.

“Immunizing people against the flu will reduce the number of cases of that illness, and make it easier for doctors to decide whether a patient suffers from flu or another disease,” said the Health Department’s Executive Director Dale Galassie.

The Health Department is offering influenza and pneumonia vaccinations at 16 sites throughout the county during October, November and December (see attached schedule). It is important that

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senior citizens bring their Medicare part B cards, which will cover both pneumonia and flu vaccines. Those not on Medicare part B will be charged approximately \$17.00 for the flu vaccine and \$28.00 for the pneumonia vaccine. The Health Department encourages seniors with HMO insurance to see their own physicians to obtain the vaccines.

As an additional convenience, the Health Department is offering flu shots for children at its childhood immunization clinics throughout the county through March of 2004. A child must be at least six months old to receive the shot. A note from a physician is not required. Children under age 9 will receive two shots, one month apart the first time they get the shot. For the childhood immunization clinics schedule, please call: (847) 377-8470. Parents bringing a child to a Health Department clinic for the first time should be sure to bring the child's immunization records.

Influenza is an upper respiratory infection that can make persons of any age extremely ill. Symptoms include sudden fever, chills, cough and soreness, and aching in the back, arms and legs. Although most people are ill for only a few days, some (particularly older adults and the chronically ill) can experience a much more serious illness. Senior citizens are recognized as a special risk group for flu and its complications, as the illness can be very debilitating. It is impossible to contract influenza from the vaccine.

Under specific circumstances, the flu shot may be postponed or a referral made to a physician for consultation. Those circumstances include the following:

- The patient has a history of allergy to eggs and egg products.
- The patient has had Guillain-Barre Syndrome.

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- The patient has a fever or an active infection.

Pneumonia is a potentially deadly complication of the flu. The pneumococcal vaccine, which is an important vaccine for people with chronic diseases, especially lung diseases, can be given at any time of year, including at the time of an annual flu shot. Individuals considering the pneumonia vaccine should consult with their physicians first. Any person over the age of 2 with a chronic illness should receive a pneumonia vaccination. For adults, a second dose is not needed until age 65 (unless a physician indicates otherwise). Individuals should not receive more than two doses in a lifetime.

This vaccine covers 23 strains of pneumonia and is 60 to 70 percent effective in preventing complications and hospitalizations. It is impossible to contract pneumonia from the vaccine. Some people may experience mild side effects such as soreness and redness at the injection site. Pneumonia vaccines should be postponed if any of the following are true:

- The patient had a severe reaction to the first dose.
- The patient is pregnant.
- The patient has a fever or active infection.

At each Health Department Flu Clinic, nurses will interview and screen individuals requesting shots. Handicapped individuals need not leave the car when they arrive at a clinic. Their caregivers should bring their Medicare Part B card or payment to staff inside the clinic, and staff will go out to the car to administer the vaccines.

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The Health Department has initially ordered more than 8,000 doses of the flu vaccine. In addition to the Health Department's clinics, flu shots are also available at more than 100 Flu Coalition of Lake County clinics throughout the county. For a schedule of these clinics, please visit the Health Department's Web site at: www.co.lake.il.us/health. For more information, contact the Health Department at: (847) 377-8470.

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2003 Flu Clinic Schedule

Date/Time		Site and Phone Number	Address
10/21/2003 9:30AM to 12:30PM	Tue	Lake Zurich Senior Center (847) 438-9160	1025 Old McHenry Rd, Foglia YMCA Lake Zurich
10/23/2003 9:00AM to 2:00PM	Thu	Warren Township Senior Center (847) 244-1101	17801 W. Washington Gurnee
10/24/2003 9:30AM to 11:30AM	Fri	Cedar Village (847) 872-1700	310 N Milwaukee Lake Villa
10/28/2003 8:30AM to 1:00PM	Tue	Freemont Township (847) 223-2847	22376 W. Erhart Rd/Rt.60 Mundelein
10/29/2003 9:00AM to 2:00PM	Wed	Waukegan Township Park Place (847) 244-9242	414 S. Lewis Waukegan
10/31/2003 9:30AM to 2:00PM	Fri	Lake Barrington Woods (847) 842-8900	22320 Classic Court, First Floor Lake Barrington
11/5/2003 9:30AM to 12:30PM	Wed	Vernon Township Senior Center (847) 634-4600	2900 N. Main Buffalo Grove
11/6/2003 9:00AM to 1:00PM	Thu	Heather Ridge (847) 680-7350	5900 Heather Ridge, Clubhouse Gurnee
11/7/2003 9:30AM to 12:30PM	Fri	Mundelein Senior Center (847) 566-4790	1200 Regent Dr. Mundelein
11/11/2003 9:00AM to 1:30PM	Tue	Libertyville Civic Center (847) 367-8210	135 W. Church Libertyville
11/14/2003 9:00AM to 12:00PM	Fri	Round Lake Senior Center (847) 546-8558	814 Hart Road Round Lake
11/14/2003 1:30PM to 4:30PM	Fri	Wauconda Twp (847) 526-2631	505 Bonner Rd Wauconda
11/18/2003 10:00AM to 2:00PM	Tue	Lake Forest Senior Center (847) 234-2209	100 E. Old Elm Rd, Great Room 1st Floor Lake Forest

11/19/2003	Wed	Antioch VFW Hall	75 North Ave
10:00AM to 2:00PM		(847) 395-0139	Antioch
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11/21/2003	Fri	St. Mark's Church	1822 Grand Ave.
1:00PM to 5:00PM		(847) 356-8140	Lindenhurst
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12/16/2003	Tue	Waukegan Township Senior Center	414 S. Lewis
9:00AM to 1:30PM		(847) 244-9242	Waukegan